

September 2015 Newsletter

SMOKY VALLEY CHIROPRACTIC
SVC

DR. DARREL LODER
EST 1995



PARTY!!

20TH ANNIVERSARY

We're celebrating **20 YEARS** of helping others live long, active, healthy lives...and we're throwing a **PARTY!**

Adjustments all day long, free chiropractic t-shirts, prizes, food, and FUN, FUN, FUN!

Proceeds from the day will go to benefit the Terry C. Johnson Cancer Center. Please consider donating to this great organization!

Join us on **Friday, Sept. 4th** and help us celebrate.

We know how to throw a party around here
You won't want to miss it!!

Back in the day...1995

*Toy Story was the top movie of 1995.

*The Rock & Roll Hall of Fame opened in Cleveland, Ohio.

*Superbowl XXIX Champions were the San Francisco 49ers.

*(Darrel and I had ½ the number of kids and twice the amount of hair!)

*And...Smoky Valley Chiropractic opened its doors!



Thank you for being part of our Chiropractic Family!

**“Health requires
healthy food.”**
Roger Williams



NutritionAmpLIFEed.com

The Cancer-Chiropractic Connection

Many of you ask why we donate to the Terry C. Johnson Center for Basic Cancer Research at Kansas State University every year....Here's your answer! ☺

Dr. Loder was awarded a cancer research scholarship as an undergraduate at Kansas State. This opportunity contributed to Dr. Loder's pre-med experience and led him into his chosen health care field to help people learn to stay healthy and teach healthy lifestyles that prevent cancer. It is Dr. Loder's hope that an available scholarship will encourage another undergraduate to pursue a career in basic cancer research or the health care field. A scholarship has been established in Dr. Loder's name at Kansas State University.

Terry C. Johnson was a mentor of Dr. Loder's in his undergraduate as well as graduate work. Dr. Johnson succumbed to cancer himself several years ago, and this is one way to show our respect for his life's work and dedication to helping others.

We take care of many cancer patients in our office. We help patients with their recovery because chiropractic adjustments impact the function of the nervous system which controls every function of the body, including the immune system. **All health practitioners would agree, a healthy immune system is critical in the fight against cancer.**



2015 British Open Victor, Zach Johnson, relies on chiropractic care

According to experts at the F4CP, the good health and impressive athletic performance displayed by Johnson can, in part, be attributed to the care he receives from doctors of chiropractic, including his father, David Johnson, DC, and PGA Tour chiropractor, Troy Van Biezen, DC.

“Zach has been receiving chiropractic care his entire life,” said David Johnson, a graduate of Palmer College of Chiropractic, who notes that his son continues to receive regular adjustments while on and off the PGA Tour. “Throughout his professional career, Zach has relied on chiropractic to help prevent, manage, and treat the wide array of injuries that athletes are susceptible to, and to help keep his body functioning at its best.”

Doctors of chiropractic are specifically trained to provide hands-on care that helps to improve range of motion, flexibility, muscle strength, and other key performance factors, as well as counsel on nutrition, exercise, and lifestyle choices. Today, Van Biezen travels with Zach Johnson and several other professional golfers, including 2015 Masters Tournament and U.S. Open winner, Jordan Spieth.

“Over the years, chiropractic care has become a foundational healthcare element offered to amateur and professional athletes, including golfers, to help alleviate pain and prepare the body for peak athletic performance,” said Van Biezen, a graduate of Parker University. “Regular chiropractic care helps to maintain proper postural balance, reduce the risk of injury, and improve recovery time and overall health.”

Product of the Month – Probiotic

Research into probiotics has received much attention in recent years. In fact, there have been over 1000 research studies conducted in the past ten years.¹ Much of this research has been performed to determine the therapeutic effect of probiotics, meaning using them as "drugs" to treat various forms of illnesses. While there is powerful evidence to support their use in this way, at Innate Choice™ our mission is the promotion of health and wellness and the prevention of illness. We believe this is a much more logical and scientific approach to health. The allopathic approach of waiting until you are sick and then trying to treat the illness will always be inefficient, dangerous and costly both in financial and, more importantly, in human terms.

Probiotic Sufficiency™ is the world's only probiotic formula based on those species found most commonly in the food of our ancestors and in the intestinal tracts of healthy human beings. We know from research that our ancestors consumed healthier diets and had superior health and less chronic illness compared to modern, Industrial humans. In consideration of this fact, Probiotic Sufficiency™ has been created from the "ground-up" to model the types and amounts of bacteria ingested by our ancestors - the types and amounts we genetically require. The most prevalent species in Probiotic Sufficiency™ is *Lactobacillus plantarum*, which was the most common bacteria in the food of our ancestors and is still the most common bacteria in fermented foods in Africa. *Lactobacillus plantarum* was also the dominant species isolated from the GI tracts of healthy subjects in a recent study in the United States.² Not surprisingly, it is also one of the species most commonly shown by research to have health-promoting effects. Every one of the nine different species of probiotic bacteria in Probiotic Sufficiency™ was chosen using these scientific criteria.

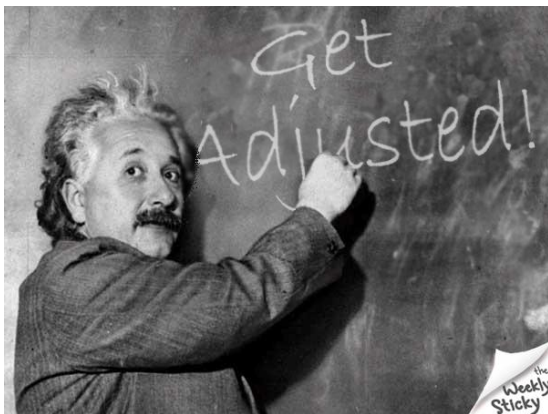
The human normal flora was determined thousands of years before humans ever consumed dairy, goat's milk, or grains. For this reason, Probiotic Sufficiency™ is derived from 100% vegetarian culture and contains no dairy, soy, goat or grain products. It is provided in a 100% vegetarian gel capsule and is entirely wheat free. Probiotic Sufficiency™ contains over 30 billion viable organisms per serving, one of the highest amounts available!

1. Reid, G., Jass J., Sebulsky M.T., and McCormick J.K. 2003. Potential Uses of Probiotics in Clinical Practice. *Clinical Microbiology Reviews*. 16(4):658-672.

2. Bengmark, S. M.D. Ph.D. 1998. Immunonutrition: Role of biosurfactants, fiber, and probiotic bacteria. *Nutrition*. 14:585-594.

Enjoy 10% off during the month of September – take care of that digestive tract!

“Einstein Got It Right...”



One of Albert Einstein's famous quotes is "Nothing happens until something moves. When something vibrates, the electrons of the entire universe resonate with it. Everything is connected."

Motion is life... lack of motion is death. It's a foundational reason why Chiropractors adjust spines - to restore normal motion to joints, mental impulse transmission through nerves and subsequently, Life throughout your entire body. When you become 'connected,' the Life inside you resonates positively to your loved ones, your community and your planet.

If Einstein is right, the small act of moving a spine causes the entire universe to resonate with Life and Health – everything gets connected. And why wouldn't you want to reap the benefits of that?

Chiropractic Helps Seniors Stay Active

Chiropractic is the second most popular holistic health-care approach among older adults (dietary supplements are first).

A recent analysis of 1,099 people aged 52 or older found that 46 percent of them used chiropractic. These seniors have found the best way to enjoy good health and well-being as they age.

Our wish to you is to live your life to its fullest and improve the quality of your life by living the Chiropractic lifestyle!



“Roller Coaster Chiropractic”



It's not uncommon to see clients who get great results from chiropractic stop their care once they feel good, only to return with their original problem or something worse. Many repeat this cycle over and over again - traveling up and down the feel good, feel bad roller coaster of temporary relief, without truly getting healthy.

Chiropractic used correctly goes beyond the wavering cycles of symptomatic care, to pursuing the higher standard of optimal function. Whether you feel good or bad, a body that exists in a sustained subluxated state is less likely to repair itself when injured or perform to its best when under demand. If, however your body is allowed to reach its full potential with regular adjustments and a perpetually clear Nerve System, the sky's the limit to what you can achieve.

If your chiropractor gets you up and over the first challenging hill on your road to recovery, don't expect the rest of your health to coast perpetually without some effort to keep it going. Unfortunately, the temporary pain relief ride eventually stops. If you want abundant health, you need to keep the Chiropractic momentum going.

Move Well Marathon

For the 6th year in a row, Dr. Loder will be sponsoring the Move Well Marathon. Students at Soderstrom Elementary will kick off the year with an assembly on September 4th, and their first marathon morning on Sept. 14th. Students will be walking/jogging a marathon (26.2 miles) during the months of September and October. Students exercise daily during the course of the program.

Teachers and staff also participate and exercise before school with their students.

Parents are invited and encouraged to join their students every morning at 7:45 and start their day by "Moving Well!"

Interested in helping? Contact Mari for more details. 😊

Why the KSU Cancer Research Center?

Dr. Loder worked in the KSU cancer lab under Dr. Terry Johnson from 1987-1993. What is cancer really about? Every day, your body produces cancer cells. Healthy immune systems are able to find and destroy these cancer cells. The immune system is controlled by the nervous system. And, chiropractors remove subluxations in your spine to allow the nervous system to function properly. When chiropractors restore function, the body is able to restore health. **Dr. Loder is passionate about prevention. It all starts with YOU.**

A Day with Dr. Waddle activity book for kids

When cancer strikes in the family, at school, or in the neighborhood, children often harbor many questions and fears. The center's staff created this activity book to help adults explain cancer to kids. Filled with pictures to color and puzzles to solve, A Day with Dr. Waddle presents a friendly duck who happens to be a scientist and explains cancer in an informative, yet sensitive, manner. Spend a day with Dr. Waddle in his super-doooper research laboratory and learn about cancer, science and good health habits.

This book is just one of many resources offered by The Terry C. Johnson Center for Basic Cancer Research at Kansas State University. Dr. Loder has copies available, just ask! 😊

